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NUTRITION STRATEGIES FOR CANCER PREVENTION

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WHAT TO CONSUME FOR CANCER PREVENTION?

- ENJOY PLANT-BASED FOODS TO THE MAXIMUM FOR THEIR ANTIOXIDANT, FIBER AND PHYTOCHEMICAL BENEFITS
- CONSUME MORE WHOLE GRAINS SUCH AS FARROW & QUINOA
- CHOOSE HEALTHY FATS SUCH AS OLIVE OIL, SEED OILS AND AVOCADO OIL
- EAT LEAN MEATS AND PLANT-BASED PROTEINS



FOODS TO LIMIT/AVOID

- PROCESSED MEATS
- SUGARY DRINKS
- RED MEAT
- ALCOHOL



THE HOLISTIC APPROACH TO CANCER PREVENTION



HEALTHY RECIPES

140 CALORIES PER SERVING | ☒ 15 MINUTE RECIPE

CREAMY BROCCOLI APPLE SALAD

BY ZACHARI BREEDING, MS, RDN, CSO, LDN, FAND

4 CUPS BROCCOLI FLORETS

1/2 CUP CARROTS, SHREDDED

1/2 RED ONION, SLICED THIN

2 APPLES, DICED

1/2 CUP PECANS, CHOPPED

1/2 CUP DRIED CRANBERRIES

1 CUP PLAIN GREEK YOGURT

2 TBSP. LEMON JUICE

1 TBSP. HONEY

SALT AND PEPPER, TO TASTE

1. IN LARGE BOWL, COMBINE BROCCOLI, CARROTS, ONION, APPLES, PECANS AND CRANBERRIES.

2. IN SEPARATE BOWL, WHISK TOGETHER YOGURT, LEMON JUICE AND HONEY.

3. COMBINE YOGURT MIXTURE WITH VEGETABLE MIXTURE AND TOSS WELL. SEASON TO TASTE WITH SALT AND PEPPER.

NOTES

FULL FAT GREEK YOGURT CAN BE USED TO PROMOTE ADDITIONAL CALORIC INTAKE FOR WEIGHT GAIN. ADDING MORE LEMON JUICE

CREAMY BROCCOLI APPLE SALAD - AMERICAN INSTITUTE FOR CANCER RESEARCH (AICR.ORG)

70 CALORIES PER SERVING | 55 MINUTE RECIPE
MUSHROOMS WITH APPLE HERB STUFFING

BY AICR.ORG

CANOLA OIL COOKING SPRAY

20 LARGE BUTTON MUSHROOMS, WIPED WITH A DAMP CLOTH

1 TBSP. REDUCED-SODIUM SOY SAUCE

4 TSP. CANOLA OIL, DIVIDED

3 TSP. BALSAMIC VINEGAR, DIVIDED

1 SMALL LEEK, WHITE PART ONLY, RINSED AND FINELY DICED
(ABOUT $\frac{3}{4}$ CUP)

1 CELERY RIB, MINCED

1 MEDIUM RED APPLE, PEELED, CORED AND FINELY DICED

2 TBSP. MINCED FLAT LEAF PARSLEY

$\frac{1}{4}$ TSP. MINCED FRESH OREGANO OR PINCHED OF DRIED

$\frac{1}{4}$ TSP. MINCED FRESH BASIL OR PINCH OF DRIED

SALT AND PEPPER, TO TASTE

$\frac{1}{2}$ CUP WHOLE-WHEAT BREADCRUMBS

2 TBSP. PARMESAN CHEESE, FINELY GRATED

2 TSP. VEGETABLE BROTH OR WATER

DIRECTIONS

1. PREHEAT OVEN TO 450 DEGREES F. LIGHTLY COAT BAKING SHEET WITH CANOLA OIL SPRAY.
2. SCOOP STEMS OUT OF MUSHROOM CAPS WITH SMALL SPOON. TRIM AND DISCARD BOTTOMS OF STEMS, FINELY CHOP STEMS AND SET ASIDE.
3. IN LARGE BOWL, MIX SOY SAUCE, 1 TSP. CANOLA OIL AND 1 TSP. BALSAMIC VINEGAR. ADD MUSHROOM CAPS. USING YOUR HANDS OR LARGE SPOON, TOSS TO COAT EACH MUSHROOM WITH SOY SAUCE MIXTURE AND PLACE, CAVITY SIDE UP, ON PREPARED BAKING SHEET. SET ASIDE.
4. IN MEDIUM SKILLET OVER MEDIUM HEAT, HEAT 1 TSP. CANOLA OIL AND SAUTÉ MUSHROOM STEMS, LEEK, CELERY, APPLE, PARSLEY, OREGANO AND BASIL FOR 7 MINUTES, UNTIL CELERY AND APPLE ARE TENDER.
5. REMOVE FROM HEAT AND SEASON MIXTURE WITH SALT AND PEPPER, TO TASTE. ADD BREADCRUMBS AND REMAINING 2 TSP. CANOLA OIL AND STIR TO COMBINE.
6. TRANSFER MIXTURE TO BOWL AND STIR IN PARMESAN CHEESE AND BROTH OR WATER. STUFF EACH MUSHROOM WITH SLIGHTLY ROUNDED TABLESPOON OF FILLING. BRUSH REMAINING BALSAMIC VINEGAR OVER TOPS OF MUSHROOMS. BAKE UNCOVERED FOR 25 MINUTES OR UNTIL MUSHROOMS ARE TENDER WHEN PIERCED.